

Abstract

A removable cleat for a shoe is described. The cleat includes a ground-engaging structure for engaging the ground. An attachment structure is for removably attaching the cleat to the footwear. The attachment structure has a vertical axis, a base to which the top of the ground-engaging member is attached, and multiple extensions projecting radially outward from the base. The extensions are adapted for insertion into a cleat receptacle in the shoe to engage a receptacle attachment structure within the receptacle, so that when the cleat is attached to the receptacle, each cleat extension will be securely engaged above a receptacle restraining ledge.